

September 25, 2006

## **Kentucky Medical Association honors DCBS nurse Arvin**

*By Anya Armes Weber*

A nurse service administrator in the Department for Community Based Services recently received one of the highest honors from the state's primary medical association.



At a dinner reception earlier this month, Peggy Arvin, R.N., was awarded the Kentucky Medical Association's Outstanding Layperson award, which is given annually to non-physicians who have made outstanding accomplishments in the field of public health and/or medical care.

Arvin, who has worked for the Cabinet since 1985, said she never expected such a mark of distinction.

"I truly feel honored and humbled to be the recipient of this award," Arvin said. "There are so many passionate and dedicated individuals serving the abused and neglected children in this state who go unrecognized."

Arvin is medical coordinator for the DCBS' medically fragile foster care program, which includes more than 140 children who have a life-threatening condition. She visits the children and supervises medical care plans to meet their needs. She assists social workers to coordinate children's care with foster parents, primary health care providers and medical specialists.

Arvin developed the state's medical protocol for children removed from homes with meth labs and has studied the high risks for kids' prolonged exposure to meth.

For the past decade, Arvin has worked to give DCBS staff coordinating care for medically fragile foster children better access to medical assistance. Beginning this summer, DCBS social workers statewide had a new resource; they could collaborate with registered nurses from the Cabinet's Commission for Children with Special Health Care Needs.

Arvin will help train the nurses, who are located in each of the Cabinet's eight DCBS regions.

"This has been a goal of mine for the past 10 years," she said. "To see this much needed resource materialize now is exciting, because staff can have local access to the expert knowledge they'll need to tend to these children's special conditions."

DCBS Commissioner Tom Emberton Jr. said Arvin has made an impact on the department's foster care program.

"Peggy understands both the scientific and social aspects of caring for the children in our care," he said. "Staff often relies on her expertise to guide them in making decisions that will mean improved health. Her award is well-deserved."

Arvin serves on the University of Kentucky's Child Abuse Review Team, the state's Fatality Review Team, the Drug Endangered Children's Task Force and the board for the Franklin County Court Appointed Special Advocates.

She lives in Frankfort with her husband, George.

## **CHFS Employee is Trainer with National Program**

A CHFS employee is one of five trainers on a national team that trains workers from the ground level up on how to deal with problems stemming from children being exposed to drugs.

September 25, 2006

Kate Finnearty, a social services clinician in Hopkins County, was asked to join the training team of the National Drug Endangered Children's Alliance in January. Finnearty has been with the state for seven years.

"I began training law enforcement, attorneys, social workers, prosecutors, physicians and emergency room personnel in 2005," said Finnearty. "The training started out to teach first responders how to deal with methamphetamine issues, but as the trainings progressed we saw that there were problems with other drugs as well."

The five trainers on the national team address drug-endangered children in categories including: clandestine lab investigations; law enforcement investigations; Child Protective Services investigations; psycho-social; and medical.

Each team presents a two-or three-day conference in which first responders – and those who deal with the children later in medical, mental health issues and prosecution – learn what protocols are important and how to implement them. They also learn how to form D.E.C. teams.

Finnearty's specialty is child protective services investigations.

As an investigator who usually conducted investigations of child abuse and neglect, Finnearty knows well the serious issues acquainted with drug use.

"Many people think that because Kentucky SB 63 has been successful and it appears local meth labs have disappeared, there is no longer a problem," she said. "That is just not true."

"Drugs are rampant in this state and children who live in homes where parents and caretakers use drugs are always at risk," said Finnearty. "Of

course, those children living in an actual lab environment face additional health problems, but the children whose parents use any kind of drugs can be faced with neglect, abuse and sexual abuse."

Still, Finnearty said Kentucky is considered one of the nation's leaders in dealing with issues concerning drug-endangered children.

"Each state I deal with sees Kentucky at the forefront of these issues and that shows the nation that Kentucky is determined and dedicated to fight for our children," said Finnearty. "I am blessed that my supervisor and other state officials consider my continuing work in this field valid and effective, and support my being a part of the national alliance."

## **Drill Held to Practice Receipt of Medicine for Emergency Response**

On Sept. 20, approximately 35 CHFS staff members participated in a drill to simulate receiving medical material from the Centers for

Disease Control and Prevention's (CDC) Strategic National Stockpile (SNS).

The drill was in a Louisville-area warehouse large enough to accommodate the sizeable shipment of medicines, antidotes, medical supplies and medical equipment that make up the SNS.

During the exercise, shipping containers were placed in pre-designated rows throughout the warehouse. Volunteers were then handed a simulated pick list and set out to locate the



September 25, 2006

correct medicines and stack them on pallets that were later inspected for quality control before being shipped out to regions of Kentucky requiring the medicines.

The Receipt, Stage and Storage (RSS) drill was a practice measure to ensure that CHFS Emergency Support Function (ESF) team members knew their roles and responsibilities for the upcoming full-scale SNS exercise in November and for real-time emergencies.

“By exercising receipt of the SNS, we are helping to protect the health and safety of our state should a public health emergency or disaster occur,” said Peggy Ware, manager of the Department for Public Health’s Preparedness Branch.

After the drill was complete, an after-action review was held to discuss the day’s activities and to identify areas of improvement for operations in the upcoming full-scale exercise.

The Public Health Preparedness Branch would once again like to express their thanks to the CHFS staff that took the time to attend the series of ESF team training sessions. They also would like to extend their thanks to the supervisors for allowing their staff members the time to attend the trainings and for their commitment to improving both the Cabinet and the Commonwealth’s preparedness.

### **Facilities Management Reminds Employees of Prohibited Items**

The Cabinet for Health and Family Services is committed to ensuring its offices are properly maintained to effectively meet programmatic goals and protect the health and safety of our staff and clients. As a result, the Division of Facilities Management is on schedule to inspect all CHFS leased and owned properties (394 buildings) during the next three years to

document and address safety and maintenance issues.

While Facilities Management has a major role in facility oversight, all staff must work together and take responsibility for maintaining a safe and efficient workplace. Outlined below are ways we can all help to reduce energy costs and create a safer work environment:

- Turn off all lights, lamps, radios and computer monitors when you are away from your work station for long period of times.
- To reduce utility costs and the risk of fire, the use of portable heating devices are prohibited. Where the building heating system has failed or malfunctioned, use of “UL approved” electric portable heaters is permissible on a temporary basis. If an electric heater is approved for use, ensure it has the tip-over feature and it is three feet away from all combustibles. If the building has documented HVAC issues, the owner should be notified to have the system reviewed and properly balanced.
- The following personal appliances are prohibited: fish tanks, aesthetic/ambiance/plant lighting, hair dryers/curling irons, candle/coffee cup warmers, picture frame lighting, electric radio/stereo systems, fountains, electric air fresheners and kitchen appliances.
- The following items may be used in common break areas shared by all staff: refrigerators, coffee pots, microwaves and toasters. The number of appliances shall be limited to reduce electrical consumption and to prevent the overload of circuits. Make sure all appliances are turned off after use and before you leave for the day.
- Do not connect surge protectors in tandem with another surge protector or

extension cord. Large appliances should always be connected directly into an electrical socket and not powered by a surge protector or extension cord.

- Only use extension cords on a temporary basis.
- Do not run cords under rugs or across office walkways as this creates a fire and trip hazard.
- Do not burn candles or use candle warmers as they not only create a fire hazard, but also can aggravate staff with asthma or fragrance sensitivities.
- Do not leave filing cabinet drawers open.
- Do not stack items too high on filing cabinets, shelves or desks as they could fall and injury may result. All storage must be at least 18 inches away from sprinkler heads.
- Do not hang items on your wall/partitions that are too heavy or protrude from the wall.
- Do not let trash accumulate in your office; keep it neat and orderly. Excess paper is a fire hazard and promotes paper mites and other insects.
- Keep plants to a minimum, keep them clean, and do not use pesticides on them. Standing water can draw gnats.
- Immediately report problems with electrical outlets, surge protectors, etc.
- Know whom to notify if you discover or have an emergency situation.
- Know your exit route and meeting point during evacuations.
- Keep exit paths clear at all times. Remove cords and other items that may cause a trip hazard.

Please take the time to incorporate these suggestions into your area and everyday work habits. Where necessary, report issues of concern to your agency building manager. If the building manager is unable to reach resolution with your landlord, Facilities Management will assist.

Questions regarding this information can be addressed to the Division of Facilities Management at (502) 564-6631.

## **Rally to Spotlight Needs for People with Disabilities**

*By Anya Armes Weber*

Advocates for people with disabilities are inviting the public to celebrate Accessibility Awareness Day in Lexington on Thursday, Sept. 28.

A rally begins at 10 a.m. in downtown's Triangle Park at the corner of South Broadway and West Main Street. Speakers will commence at 11 a.m. and include Mayor Teresa Isaac.

Tours will be given featuring the city's inaccessible "hot spots," said Bruce Burris, co-director of Latitude Artist Community, a sponsor of the event.

Latitude is a Lexington therapeutic agency dedicated to helping people with disabilities gain autonomy over their lives through art. Visit them online at <http://www.latitudearts.org/>.

For more information about Accessibility Awareness Day, contact Burris at (859) 806-0195.

## **Adorn a Fellow Employee Recognition Event**

The Adorn a Fellow Employee recognition event is sponsored by the CHFS Employee Recognition Committee. The theme of the event is You Make the Difference! and aims to recognize employees for their contributions in the workplace and to help raise money for the Kentucky Employee Charitable Campaign (KECC).





September 25, 2006

Employees and supervisors can purchase a certificate and lapel pin set for \$2 per set. The certificate features silver foil lettering and the lapel pin has a shiny, nickel-finish with military-clutch backing.

Pre-sales will be from 7:30-8 a.m. and 11:30 a.m.-1 p.m. Sept. 29-Oct. 4, in the CHR complex lobby, next to the escalators. Cost is \$2 per set. Proceeds will benefit the KECC. Checks should be made payable to KECC. Sets can be picked up from 7:30-9 a.m. and 11:30 a.m. to 1 p.m. Oct. 30. For more information, call Shannon Ramsey at (502) 564-7420, (800) 239-7404 or e-mail at [shannon.ramsey@ky.gov](mailto:shannon.ramsey@ky.gov).

Show your support for the KECC and your fellow employees and celebrate how both make a difference.

## Focus Health Tip of the Week

### Physical Activity and Cardiovascular Health

*Submitted by Anne Parr, R.N.*

Most Americans get too little physical activity. About one in four U.S. adults is sedentary and another third are not active enough to reach a healthy level of fitness.

In the United States, heart disease is the leading cause of death for Americans. Lack of physical activity is a major risk factor for heart disease and also contributes to other illnesses.

According to the U.S. Department for Health and Human Services, regular physical activity has been shown to reduce the morbidity and mortality from many chronic diseases. Millions of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity:

- 12.6 million people have coronary heart disease.

- 1.1 million people suffer from a heart attack in a given year.
- 17 million people have diabetes; about 90 to 95 percent of cases are type 2 diabetes, which is associated with obesity and physical inactivity; approximately 16 million people have pre-diabetes.
- 107,000 people are newly diagnosed with colon cancer each year.
- 300,000 people suffer from hip fractures each year.
- 50 million people have high blood pressure.
- Nearly 50 million adults (between the ages of 20 and 74), or 27 percent of the adult population, are obese; overall more than 108 million adults, or 61 percent of the adult population are either obese or overweight.

If you are not getting enough exercise, start with low levels of exercise such as gardening or walking. Doing a little is far better than doing nothing.

Check with your doctor before you begin any exercise program.

For more information:

<http://aspe.hhs.gov/health/reports/physicalactivity/>

## Employee Enrichment

*By Anya Armes Weber*

*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*



September 25, 2006

Managing your e-mail more efficiently can add time to your work day. Sunder Ramachandran, a writer for the career pages of Rediff.com, suggests these organization tips to give you a better handle on your e-mail.

Don't check your inbox for every new message. Open your inbox at only certain times each day.

Never touch the same message twice. Avoid the tendency to go through the same mail again and again.

Open messages only when you have time to read and respond. Take action, delegate, save it or delete it.

Pare down your inbox by creating separate folders for messages you must save. One method is the "traffic light" principle: Deadline items or messages from leadership go in a red folder; backup documents, meeting minutes or work-related articles can go in a yellow folder; and items you will need at your fingertips can go in a green folder.

Cabinet for Health & Family Services Café  
Menu Sept. 26-29

**Tuesday**

Pulled Pork BBQ

*The Lighter Side*

Char-Grilled Top Strip Steak w/ Veggie-\$5.25

**Wednesday**

Cajun Style Chicken & Sausage Gumbo

*The Lighter Side*

Spicy Chicken Creole w/ Rice

**Thursday**

Home Made Stuffed Green Peppers

*The Lighter Side*

Chicken Pasta Primavera-LEAN CUISINE

**Friday**

Fried Shrimp Basket w/ Fries- \$4.25 or

*Shrimp Ala Carte for- \$3.95*

*The Lighter Side*

Spicy Chicken Chipotle w/ Steamed White Rice-  
LEAN CUISINE